

Fresh Fruit and Vegetable Program PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Mango

Mangos are good for you because: they are an excellent source of Vitamins A, C, and E and fiber. They are also a good source of Vitamin B6 which is good for your brain and memory.

Farm to School ~

Mangos do best in warm, subtropical climates where freezing is not a concern. India is the largest producer of mangos with 18 million tones, followed by China with 4.5 million tones. Most of the mangos sold in the US are from Mexico and many South American countries.

Selection and Storage ~

Don't focus on the color, squeeze the mango gently, if it is ripe it will be slightly soft and have smooth skin. Avoid fruit that are very soft or that have brown/bruised spots. Store ripe mangos for up to 5 days in the fridge.

Origin ~ Where did it come from?

Mangos were first grown in India over 5000 years ago. People began to bring mango seeds with them as they traveled from Asia to Middle East, Africa and Americas around 300 AD.

Fun Facts



Mangos are related to pistachios and cashews.
A mango tree can grow as tall as 100 feet!
Mangos are the most popular fruit in the world.



Word Search

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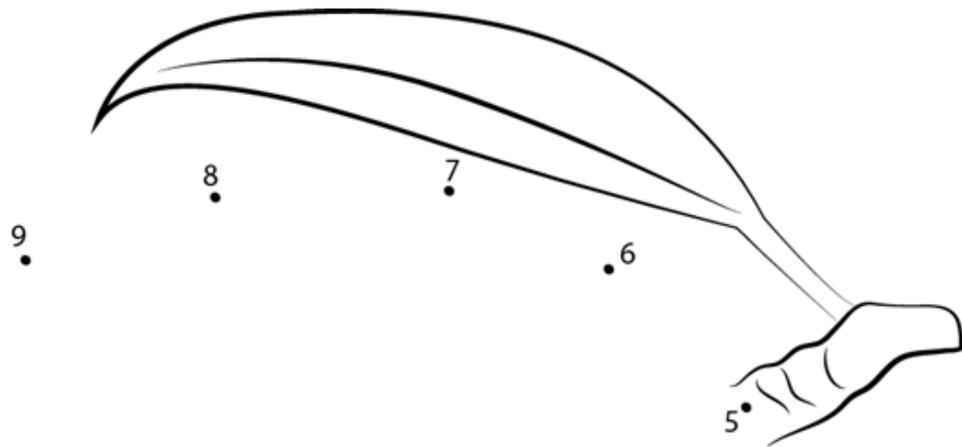
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